

*Citation for published version:*

Gonzalez, JT, Green, BP, Campbell, MD, Rumbold, PLS & Stevenson, EJ 2014, 'The influence of calcium supplementation on substrate metabolism during exercise in humans: a randomized controlled trial', *European Journal of Clinical Nutrition*, vol. 68, no. 6, pp. 712-718. <https://doi.org/10.1038/ejcn.2014.41>

*DOI:*

[10.1038/ejcn.2014.41](https://doi.org/10.1038/ejcn.2014.41)

*Publication date:*

2014

*Document Version*

Peer reviewed version

[Link to publication](#)

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**Table 1** Substrate metabolism and circulating variables at rest before and after supplementation with CON or CAL.

Variable	CON		CAL		ANOVA supplement x time interaction
	Pre	Post	Pre	Post	
Energy expenditure rate (kJ/min)	8.76 ± 1.29	8.23 ± 1.46	8.49 ± 0.96	8.09 ± 0.85	<i>P</i> = 0.864
Fat oxidation rate (g/min)	0.07 ± 0.04	0.07 ± 0.04	0.07 ± 0.03	0.07 ± 0.05	<i>P</i> = 0.652
Carbohydrate oxidation rate (g/min)	0.39 ± 0.11	0.33 ± 0.12	0.36 ± 0.09	0.33 ± 0.12	<i>P</i> = 0.581
Glucose concentration (mmol/L)	5.07 ± 0.31	5.02 ± 0.37	4.82 ± 0.60	5.01 ± 0.50	<i>P</i> = 0.358
Lactate concentration (mmol/L)	1.83 ± 0.47	1.70 ± 0.45	1.56 ± 0.21	1.82 ± 0.45	<i>P</i> = 0.105
NEFA concentration (mmol/L)	0.35 ± 0.16	0.37 ± 0.21	0.31 ± 0.13	0.37 ± 0.22	<i>P</i> = 0.363
Glycerol concentration (mmol/L)	0.63 ± 0.36	0.62 ± 0.31	0.45 ± 0.23	0.44 ± 0.21	<i>P</i> = 0.702
Insulin concentration (pmol/L)	80 ± 30	71 ± 27	70 ± 28*	83 ± 33* <sup>†</sup>	<i>P</i> = 0.006
HOMA-IR (au)	2.55 ± 1.08	2.30 ± 0.91	2.13 ± 0.87*	2.67 ± 1.10*	<i>P</i> = 0.029
GIP <sub>1-42</sub> concentration (pmol/L)	2.5 ± 2.7	2.0 ± 1.7	1.0 ± 0.7	1.4 ± 1.2	<i>P</i> = 0.982
Total GLP-1 concentration (pmol/L)	1.6 ± 2.3	1.4 ± 1.8	2.2 ± 4.1	2.0 ± 2.6	<i>P</i> = 0.128
PTH concentration (pmol/L)	4.6 ± 2.3	3.4 ± 1.4	4.5 ± 2.8	4.0 ± 1.4	<i>P</i> = 0.201

CON, control; CAL, high-calcium; NEFA, non-esterified fatty acid; GIP<sub>1-42</sub>, glucose-dependent insulintropic polypeptide<sub>1-42</sub>; GLP-1, glucagon-like peptide-1; PTH, parathyroid hormone; HOMA-IR, homeostasis model assessment of insulin resistance. Data are mean ± SD. *n* = 13 for energy expenditure and substrate metabolism, *n* = 12 for blood-based variables. Holm-Bonferroni post-hoc analysis: \*Significantly different to CON at same time point, <sup>†</sup>Significantly different to Pre, *P* < 0.05.